- 72 hours				
Date	Time	Feed Amount	C	omments
y 4	Wet Diapers (☑ check boxes)	Stools (☑ check boxes)	
Date	Date Time Feed Amount (Co	omments
SPECIAL	FEEDING	INSTRUCTIONS		
D.O.		GESTATIONAL AGE	BIRTH WEIGHT	DISCHARGE WEIGHT
		- OLO IAHONAL AGE	DIKTIT WEIGHT	DIOGRAMOL WEIGHT

Originally developed by the Middlesex London Breastfeeding Coalition in 1999 and revised in 2009, 2014. Currently revised by the Breastfeeding Coalition of Southwestern Ontario with representation from London Health Sciences Centre, Chatham-Kent Health Alliance, and

Strathroy Middlesex General Hospital, December 2019



FOR THE NEWBORN

WHEN DO I MAKE MY BABY'S FIRST HEALTH CHECKUP?

• Call your baby's primary health care provider (doctor, midwife, nurse practitioner) to make an appointment. All babies should be seen within 2 to 3 days after discharge.

WHEN DO I CALL FOR HELP?

CALL IF YOUR BABY:

- is too sleepy or does not feed at least 8 times in 24 hours
- is not having enough wet diapers or stools (bowel movements) a day
 *See chart on next page
- Is having blackish/green bowel movements after day 4 or 5
- has a dry or sticky mouth
- has skin that looks yellow or the whites of your baby's eyes look yellow
- has an underarm temperature greater than 37.5°C (99.5°F) or less than 36.5°C (97.7°F)

If you are very concerned about your baby's health, contact your health care provider right away. If your health care provider is not available, go to your nearest emergency department.

WHERE CAN I GET HELP?

- Call Middlesex London Health Unit 519-663-5317 to speak with Public Health Nurse,
 Weekdays 8:30 am to 4:30 pm or visit the website at www.healthunit.com
- If you live outside Middlesex London call your local health unit
- Your baby's health care provider
- TeleHealth Services 1-866-797-0000 24 hours a day, 7 days a week
- Best Start Nutrition Resources: https://resources.beststart.org/product-category/resources/nutrition/

NS4469 (Rev. 2021/12/30) Baby Friendly Initiative Panel 4 NS4469 (Rev. 2021/12/30) Pan

FEEDING GUIDELINES

The baby's cues should guide how much formula is taken. It is better to feed on cue rather than feed at a set time and a set amount.

Always respond to your baby's feeding cues.

Age	Minimum number of feedings in 24 hours	Average amount of formula required in 24 hours		
First 24 hours	8	50 mL (0.4 oz)		
3 days	8	250 mL (0.5 oz)		
1 week	8	450 mL (1 oz)		
2 weeks	8	600 mL (2 oz)		

Reference: Mohrbacher, N. (2013). Table 2-1 Baby's Average Feeding Volume by Age

Baby's first week of life	Baby's Behaviour and Number of Feedings	Number of Stools in 24 Hours	Number of Wet Diapers in 24 Hours	
Day 1	May be sleepyMay not feed much the first dayFeed baby at least 8 times in 24 hours			
Day 2	 May still be sleepy or can switch to feeding more frequently Watch baby closesly for feeding cues Feed baby at least 8 times in 24 hours 	• 1 blackish/green	2 or more It is common to see uric acid crystals in the urine	
Day 3	 Baby shows more interest in feeding Watch baby closely for feeding cues Feed baby at least 8 times in 24 hours 	• 1 blackish/green	3 or more Uric acid crystals may still be present	
Day 4	Baby shows more interest in feeding Watch baby closely for feeding cues Feed baby at least 8 times in 24 hours	• 1 green/grey	4 or more Without uric acid crystals	
Day 5	 Baby shows more interest in feeding Watch baby closely for feeding cues Feed baby at least 8 times in 24 hours 	• 1 green/grey	5 or more Heavy wet with pale yello or clear urine	
Day 6	Baby shows more interest in feeding Amounts at feedings can vary At night, baby will wake up on his/her own to be fed.	1-2 greyish beige soft (clay consistency) Note: After the first week stools can become less frequent	6 or more and will remain this way for many months	

NS4469 (Rev. 2021/12/30) Panel 2

YOUR BABY'S STOMACH SIZE

1 WEEK							2 WEEKS
1 DAY	2 DAYS	3 DAYS	4 Days	5 Days	6 Days	7 Days	
Size	of a cherry	Siz	e of a walnut	Size of	5 an apricot	Size of an eg	

Adapted with permission: https://resources.beststart.org/product/b02e-breastfeeding-guidelines-nursing-mothers-table/

Note: The early weeks are a learning time for you and your baby. Feeding habits change as your baby grows. Your baby may wish to feed on demand and more often during growth spurts: 2 weeks, 6 weeks, 3 months, and 6 months.

INFANT FEEDING DIARY

Day 1 0 - 24 hours	Wet Diapers (☑ check boxes)		Stools (☑ check boxes)	
Date	Time	Feed Amount	Comments	
Day 2 25 - 48 hours	Wet Diapers (☑	ĭ check boxes)	Stools (☑ check boxes) ☐ ☐ ☐ ☐	
Date	Time	Feed Amount	Comments	

NS4469 (Rev. 2021/12/30) Par